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Every morning a short time must be spent in arranging the room for the day. After the patient is bathed, as described in the October number, bed changed, and any extra appliances used during the night have been removed, pass the carpet-sweeper softly over the floor (when there is no carpet-sweeper use a small brush and dustpan to gather up the scraps), then dust the room quietly without making any unnecessary disturbance. Immaculate cleanliness in regard to patient, nurse, and room is one of the first principles of nursing. No matter how simple the home, or how little there may be to make the room attractive, perfect cleanliness and good ventilation are always obtainable. When the supply of extra linen is limited, try the experiment of keeping two changes on hand all the time, every night and morning removing the night-gown, pillow-case, draw-sheet, and upper sheet, hanging them to air in an adjacent room for the next twelve hours, thus providing the patient with a refreshing change, and at the same time making your supply of clean linen last a much longer period.

Ventilation of the sick-room is such an important point that, as my space is limited, I will reserve its discussion until next month.

(To be continued.)

WOMANLINESS IN NURSING

By ESTELLE HALL SPEAKMAN

Graduate Johns Hopkins School for Nurses

THERE is continual need in our profession of cultivating womanliness. By that I mean the character made up of truthfulness and love which is infinite in its tenderness. To this should be added that beautiful common-sense which does the drudgery of life in a spirit of uncriticising helpfulness.

It is not enough to train brain and body for this great profession of ours,—the heart also needs education, and must stand watch at the helm.

That is true sympathy that puts one in understanding touch with the patient's mental and physical sufferings and with those of his relations and friends.

Splendid work can be done in the sick-room without waste of brain, nerve, or muscle under the guidance of divine love.

In the story of the raising of Jairus's daughter, is it not the knowledge of the true sympathy of the Healer with the sufferings of the mother

and father that makes this sick-bed scene so beautiful, this bit of human history so precious to us?

So should we nurses always do our work in this loving spirit, remembering that in the disfigured, diseased condition before us, hidden from our mortal ken, is the beautiful spirit that God loves, waiting to arise like Jairus's daughter—a joy to all.

Our work will lose so much of its drudgery, and we will be saved from so many small mistakes, if we can train our hearts to work with daily loving sympathy and understanding of our brothers' needs. The private duty nurse may be, in God's sight, as truly a missionary as any who go to the Congo.

We need too in institutional work to give less of criticism and more of help to our fellow-workers and teachers. They are all human. We must grow in the belief of the sisterhood of women, and help each other by appreciation rather than fault-finding.

The true woman is a help-meet wherever she goes, and in my thinking the nurse should deem it one of her great privileges to show the dignity and beauty of labor. But too often is the helpful spirit lacking. The failure of the nurse to see and help a little with the household situation, forgetfulness of the nervous strain of the worn-out mother, lack of care for the laundry, the druggist's, or other bills may add gravely to the burdens of the family and bring criticism upon our profession.

Not only helpful with the sick, but with each other, must we be, learning to work together in a noble harmony, making of this new JOURNAL a real bond of helpful fellowship. None so busy but that there may be time for an exchange of suggestions.

In our desire for a broader and higher standing in education, don't let us forget it must be universal,—not for just a few in hospitals or schools, but that the most far-reaching work is that of the thousands of private nurses. From the nature of their work the only way for them to keep in touch with one another is through journalism, and this journalism must appeal to their daily practical needs. Let us make them feel that their work is the very best there is to do,—no less noble than that of the nurse who works upon the battle-field. Why do we mistakenly so idealize the bravery of the warrior as to elevate, as it were, the work of the nurse who cares for him? In this false assumption we seem to sanction war, that hideous manufactory of vice and disease, of moral and physical suffering.

Our nurses must teach as well as tend. They must uphold the ideals of simple, temperate, honest living; they must decry the vanity of mere money-getting, the abuses and dissipations which wreck so many homes.

In womanly strength they can help to spread the higher education, and open the way for a clearer shining of this divine light, the spiritual motherhood that is the gift of God.

THE OUNCE OF PREVENTION

BY DITA H. KINNEY

Superintendent Army Nurse Corps

AT the present time the interest of the nursing profession is so absorbed in the questions of State registration and preliminary and supplementary training that one of the most important stones in the foundations of these magnificent superstructures is completely lost sight of.

The country is to-day full of earnest, intelligent young women who are desirous of preparing themselves to be professional nurses and who are willing and anxious to give the very best that is in them to attain this end, and yet what have such to guide or help them in their quest,—to tell them what the essentials of a proper training are, or to impress them with the importance of securing these? On the other hand, there are numberless hospitals (some of which I could name) which advertise a training-school and recognize no obligation to their nurses beyond the payment of a few dollars at the end of each month. At the close of a stated period—two or three years—the Boards of Directors of these bestow a diploma and a pin upon the poor, duped women whom they have worked nearly to death, and who even yet do not realize that they are and have been nothing but chambermaids. These are then turned loose upon the unsuspecting public as trained nurses. Then follow the just complaints of neglected or abused patients and outraged physicians, and the whole profession suffers.

Where does the fault lie? Where can we fix the responsibility for this monstrous injustice? Surely not with the poor girls, who undertook the work in all good faith, and who have given their time and strength and received nothing in return—who do not even understand what the word training means as we understand it! The awakening comes too late for the women themselves and for the profession when these bring opprobrium upon it by incompetence and unprofessional conduct.

An additional danger which besets the path of these novices lies in the alluring advertisements which appear from time to time in the